

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

10 FEBRUARY 2013

Issue No: 95

Dear All,

We start this week's rather lengthy edition from our Men's Captain, Ed Stahl, with a report on the first time trial of the year. Sorry the picture looks like something out of Star Trek (Beam us up Scotty!!) but I think you can just make everyone out.



Eight hardy souls peered out of the gloom to race the first five mile time trial of the year. It was a cold night so I was rather surprised to see Tim appear in shorts. With all the predictions set, it was back to Tim Hoyle and Sarah Warren to get us going. All were gone within fifteen minutes so I pondered what to do for the next forty five minutes in -3 conditions. So I set quill to parchment and began to write a sonnet and this is how it came out:

Dappled light amid fallen leaves
Brings golden warmth to the cold morn
As you step out into the abyss of the unknown ahead.

Untouched landscape broken by the solitary trail
Reaching out into the distance as a marker to follow.
You wait for that feeling,
A moment in which you will tread your own path
For someone else to follow.

Silence as you run,
The beat of the heart
And the sound of breath your only company.
Battle of the elements is over,
trainers hung up for another day.

so back to the race.....

Chris Rawlings seems to like the races I organise, as he once again came home with a win. Flying in at a time of 37:03, Chris won by over forty five seconds. Well done. Well done also to everyone else who took time to come out and run the time trial in weather suited to being inside.

Results are as follows:

		real time
Chris Rawlings	41.03	37.03
Sarah Warren	41.48	41.48

Les Thomas	"	40.00
Tim Hoyle	"	41.48
Phil Wareham	43.17	37.17
Dave Carnell	45.02	32.02
Nigel Key	45.12	35.12
Clive Harwood	47.30	34.30

Next time trial will again be the first Wednesday in March. Lets hope for some warmer weather.

Ed Stahl

Thank you Ed, is there no end to your talents!!

*******RACE REPORTS*******

Three great reports from The Blackmore Vale Half Marathon.
Thank you Linda, Tim and Mike.

Ladies First!!

Hi

Last Sunday a rather large group of Crewkerne runners and their supporters managed to complete the Blackmore Vale Half Marathon and Fun Run.

It was a bit of a dull, overcast day, however the Still family and son set off for the half marathon and fun run. We arrived and got a great car parking spot - right opposite the starting line. We had to pick up our numbers in the village hall and who should we see, with his bike, Adam who would be supporting Pip, as not to negate his exercise on a Sunday morning he had cycled over whilst Pip brought the kids and the car.

We got our numbers and then sat in the car until the start (as it was quite cold, it was funny as we watched everyone warm their socks off!!). There was the inevitable queues for the ladies loo - so much so that the race was supposed to be delayed by 5 mins!

We eventually decided to get out of the warmth of the car and met up with Pip and her son, and Adam took the pic I've included.

Unfortunately I had put the camera away when we met up with some of the other Crewkerne runners at the start.

Onto the race - well all I can say is a Big Thankyou to Pip - who kept me going at a steady but fast pace the whole way around. It was great for me as for once I managed to keep up a good pace all the way around and a pace which was manageable and which we could sustain. They had said the course was undulating and there were a few hills, but nothing much if you're used to Crewkerne hills!! Karl (the Still son) was doing the Fun Run of 5.25 miles - not much fun really, caught up with us as we came up to his turn off. He was doing well considering they started 10 mins after us.

There was a bit of jostling at the start as we upped the pace and had to dodge many a runner to get a good spot, and then it eased out as we ran the latter miles. The scenery was really nice. There were water stops every mile or so and each mile was well signed. We had lots of little chats along the way - meeting some very friendly runners.

What else can I say? Well I think that the timings say it all!! We didn't see Elaine nor Mike P but they managed excellent timings and were placed. We saw Elaine's Steve who missed the start and had to fight his way to the elites.

All in all I'm glad we done it and my second best time for a Half ever!!

Results HALF 4th overall (WOW) Mike Pearce 1:18:10
 Elaine Priest 1:34:13 (PB)
 Steve Hurley 1:38:29
 Roger Still 1:50:36
 Chris Rawlings 1:50:45
 Linda Still & Pip Loder 1:55:18
 Tony Gordon 2:00:14
 Tim Hoyle 2:17:42

Results FUN RUN (5.25miles) 3rd overall Karl Still 0:39:36 (beaten only by a 16year old and a 27year old)!!

Thanks
Lindax

Oh dear pic too large so posted to Facebook.

SECOND REPORT FROM TIM HOYLE

Blackmore Vale Half Marathon – 3rd February 2013

With a mind to the ever looming Brighton Marathon, I really need to start putting in some effort into training, so the Blackmore Vale Half was an ideal opportunity to put in some miles.

I ran this race, my first half marathon, for the first time the previous year with help from CRC runners Tracy and Adrian. The weather that time was cold and icy. At least there was no ice to contend with this year.

Gratefully accepting a lift from Chris and Lisa Rawlings, together with Tony Gordon we depart early from Crewkerne to get to the race with plenty of time to collect numbers etc.

In the hall I meet a good friend Chris Cussen from Gillingham Trotters Running Club, as we are similar paced runners we decide to run the race together, as far as possible.

Before we know it the race has started, no time for group photos this time.

Chris Cussen and I start near the back of the field, Chris Rawlings and Tony soon disappear nudging up through the field.

It's a cold morning with a fair wind, this is a fairly hilly course. After a mile or so I start to feel a bit warmer and manage to keep plodding up the long uphill drag, slowly moving ahead of Chris C.

This is a good course, with pleasant scenery, plenty of water stations and a good mix of hills and flat sections.

Finally the halfway point is reached and I start to feel more positive. The wind gets up again at about this point and I feel cold; wishing I had more layers on !

The last couple of miles are a pain with a killer uphill at the very last. A very enthusiastic marshall doing some impressive Gangnam moves did an excellent job of cheering weary runners at the last mile.

Finally I manage to cross the finish line with Tony, Chris and Lisa Rawlings to cheer me on. After all that I collect my T-shirt and a much needed drink.

I manage to improve upon last year's time, so I'm pleased. It's a good race, that's local and well organised but certainly not flat. I will certainly do it again next year.

Finally a massive well done to the other CRC runners, you put in some stunning times.

Mike Pearce	1:18:10
Elaine Priest	1:34:13
Steve Hurley	1:38:29
Roger Still	1:50:36
Chris Rawlings	1:50:45
Linda Still	1:55:18
Pip Loder	1:55:18
Tony Gordon	2:00:14
Tim Hoyle	2:17:42

Blackmore Vale Half Marathon 2013 CRC Results

AND FINALLY FROM MIKE PEARCE.....

Blackmore Vale Half Marathon – 3rd Feb

After the huge disappointment of the Gloucester Marathon being cancelled two weeks earlier due to the snow I was looking forward to getting stuck into this race as all that marathon training had to be run off somewhere.

For those of you who have not done this race before it is a pleasant undulating route, all on quiet roads surrounded by nice countryside. This is a popular half marathon especially this time of the year being a little chilly and this year was no exception with just over 500 stood at the start line looking a little cold. The weather was a little cool with a fresh breeze that was to be a little testing on some of the run.

However, at the start the wind was right behind us so we did not get to cold waiting to get underway.

At the start I spotted last year's winner Steve Way of Bournemouth AC, and, incidentally a 2.19 marathon runner and funny enough walked away with this year's first place with an amazing time of 1.10.03. As expected he flew of at the start but the race was on for the rest of us.



Mile 3: Just getting into the swing of things.

After a few miles I settled in to a steady pace, enjoyed the scenario around me (except when I was running uphill) and let my legs do the rest. However, in the back of my mind was that blasted tough hill right at the end just when your legs are saying no more.

On reaching the last mile or so I was relieved and pleased that I was running with the wind so I stepped it up a bit to get a speedy finish, however, said hill approached and boy the legs were burning but to see the entrance to the field was a relief is an understatement and I passed through the finish line having enjoyed the race thoroughly.



The Finish: After a tough uphill before entering the field

As last year the race was well organised and the marshals on the ball and ready with the drinks. At the end of the race there are hot drinks to have and a fruit and cake stall, on not being sure what cake I wanted the lady behind the counter noticing I was a runner helpfully suggested a banana, I respectfully declined suggesting bananas are pre-race fodder and that a nice slice of that Victoria sponge is a better post-race snack.

Well done to all Crewkerne runners on the day and below sets out the positions and times.

4 1:18:10 PEARCE, Mike 1st Vet 40
92 1:34:13 PRIEST, Elaine 1st Female U35
1391:38:29 HURLEY, Steve
2701:50:45 RAWLINGS, Chris
3171:55:18 LODER, Philippa
3672:00:03 GORDON, Tony
4882:17:42 HOYLE, Tim

THIS WEEK'S RUNNING EVENTS ARE:-

Wednesday 13th February
Street 5k Series
7.30 pm

for more information see www.wellscityharriers.org.uk

This race is part of the Club Championship Races



The Breakfast Run
Next Sunday 17th February
Meeting at Wetherspoons (The Greyhound), Bridport at 8.30 am
for a nice leisurely run

Please meet outside The Greyhound pub, Bridport (near the clock and traffic lights at the top of the town). There are various places to park, but a suggestion is to use the Bus Station car park at the bottom of Bridport.

If you need a lift or can arrange car sharing please contact the club's email address or speak to other members when you are out and about running this week.

OTHER UP AND COMING CLUB DATES FOR YOUR DIARY :-



Sunday 3rd March
Crewkerne to West Bay Run
(Hopefully not as muddy as the Charmouth run!!)

Tuesday 11th March
Crewkerne Running Club AGM
at The White Hart, Crewkerne
7.30pm for 8 pm start

This is your chance to have a say with what is happening within
the club!

South Petherton Long Run Sunday 31st March (Easter Sunday)

**DETAILS OF THE ABOVE DATES WILL FOLLOW IN A
SUBSEQUENT NEWSLETTER**

ONLY A FEW WEEKS AWAY!!!

Sunday 24th February

Slay the Dragon 10k, 4k or 2k

Starting at Hinton St. George Village Hall at 10.30 am

This race is organised by our very own Pip Loder, so go along and give her some support. This is a great 10k race with a good mix of road and off road with a challenging hill at the end!!

See website www.slaythedragon.co.uk

YOU STILL HAVE TIME TO ENTER!!

This race is also part of the Club Championships.

Pip is in desperate need of help with marshalling and she also needs someone to be sweeper

If you can help please contact Liza Penny (marshalling co-ordinator) on 01460 78179

If you fancy doing something a little different this year, here are a few new events.

Dorchester Triathlon Sunday 26th May

Dorchester Sports Centre

Start 8.00 am

400m swim/24k bike/5k run

A friendly event taking in the historical sites of Hardy's Monument and Maiden Castle.

Torrington Triathlon Sunday 23rd June
Torrington Pool
Start 8.00 am
400m swim/ 32k bike/ 4.5k run
Torrington Terror: a scenic, rural bike and run courses. Novice
friendly, but will challenge you!

Entry fee £33 BTF affiliated/£38 unaffiliated

For more information and to enter please see www.1610.org.uk

LE TOUR OF EXETER
26th-28th July 2013

TAKE THE CHALLENGE
3 RACES/ 3 TERRAINS/ 3 DAYS

STAGE ONE: 26.7.13 - 10km Road Race
Flowerpots Playing Fields

STAGE TWO: 27.7.13 - Trail Race
Haldon Forest
Inc: King of the Mountains comp.

STAGE THREE: 28.7.13 - 5,000m Track Race
Exeter Arena
Inc: Green/sprint jersey comp.

ENTRIES WILL OPEN ON SUNDAY 10TH FEBRUARY
(AFTERNOON) AFTER THE EXETER HALF MARATHON

SEE WWW.IRONBRIDGERUNNER.CO.UK

Another chance to read and digest the Club Championship Rules and Races...

Crewkerne Running Club Championship 2013

Rules and Information

General Rules/Information

- The Crewkerne Running Club (CRC) Championship will run from Friday 1st February until Friday 6th December 2013.
- Final presentations will take place at the annual CRC Christmas Party in December.
- Only fully paid up members will be eligible to take place in the Club Championship. Runners who do not pay their subscriptions for that year will not be eligible to take part in the Championship.
- Members who have CRC as their second claim club will still be eligible provided their subscriptions are paid.
- When taking part in Championship races, second claim club members must enter the race for Crewkerne Running Club to be eligible to pick up points.
- In all Championship races, members must be entered as running for Crewkerne Running Club, and must run wearing the club vest / t-shirt.
- Exceptions to the above rule - A member has paid their subs but has yet to receive their vest, a member is running for a charity, the member has a reasonable reason for not wearing their club vest (This will be decided by Championship Organiser or club committee)
- Championship updates will be posted on a monthly basis on the club newsletter.
- The Championship organiser is responsible for collating all information, and any queries/problems should be sent to them directly. The organiser will then refer any problems to the Committee.

Championship Races / Events

- In order to score points in the Championship, runners must compete in selected Championship races throughout the year. The Championship races will be decided by the Committee at the beginning of the year.

- Any unforeseen changes to the events chosen during the year will be made at the discretion of the Committee, and reasonable notice given to club members through the Club Newsletter and Website.
- The events chosen will be local races where possible, and will be over varying terrain and distances
- The events selected will be made available to runners at the earliest opportunity. Events will be publicised on the club website and newsletter.
- Members' highest scores from 8 Championship events throughout the year will be added to give the members final total. Bonus points are added separately to this.

Point Scoring

- Points can be scored by runners finishing position in relation to other CRC members, by beating PB times at a specific distance, by entering Championship races, Bonus points relating to non-Championship runs, Bonus point in relation to helping at any of the 4 CRC organised races.
- Male and Female runners will be scored separately
- 30 points will be awarded to the 1st male and 1st female club member across the line. 29 points will be awarded to the 2nd male and 2nd female club member across the line. 28 points will be awarded to 3rd place finishers and so on until we get to 1.
- 5 points will be awarded to any member completing any Championship race throughout the year, regardless of whether it is in their top 8 races
- 30 points will be scored if a runner beats their personal PB time for a given distance. A runners PB will initially be set from their first race at that distance. Their PB's will then be recorded and carried on year on year.
- PB times will be over 5k, 10k or Half Marathon distance, and will be set from last years times, or the first time they compete in a championship race for that distance this year
- 15 bonus points will be scored any time a member completes a marathon or ultra-marathon in the given Championship year. It is the responsibility of each member to inform the Championship Organiser of their participation in such an event.

- 5 bonus points will be scored by a club member who participates in the Winter or Spring Club Handicap, regardless of time or position.
- 10 bonus points will be scored by a club member who helps (but not competes) in any way with the staging of the Crewkerne 10k, Haselbury Trail, Parrett Trail Relay or Full Monty events. A total of 40 bonus points are available here. It is the responsibility of each member to inform the Championship Organiser if they have assisted in a club organised event and in what capacity.
- Points will be scored in relation to the official times given by the race organisers, and not runners own watch times. Where possible this will be done by chip timing, if not gun timing.
- Points are only scored when a member completes a full race.

Example – Simon runs in the Langport 10k with a time of 40.30 and was the 4th fastest CRC man home. His time of 40.30 is 25 seconds quicker than when he ran in the Easter Bunny earlier in the year.

For that race I would receive 5 points for completing a championship race, 27 points for being 4th male CRC runner across the line and a bonus 15 points for beating my PB time. In total my score for that race would be 47 points.

Prizes

- At the end of the Championship year, runners highest scores from 8 Championship events will be added together, as well as any bonus points accrued, to give the members final total.
- Runners competing in less than 8 events will still be eligible
- In the event of a tie, the number of 1st place finishes will be counted to find a winner. If still a tie, the most 2nd place finishes will be counted and so on.
- Prizes will be awarded to the highest scoring male and female club member
- Prizes will also be awarded to the 2nd and 3rd highest place male and female
- 1st place age category prizes will be given in the following categories

16 – 35	36 – 50	51 +
---------	---------	------
- Age category prizes will be awarded in relation to the runners age on 31st January 2013

2013 CRC Championship Races

FEBRUARY

- Wed 13 th Feb	STREET 5K SERIES	Road 5k
- Sunday 24 th Feb	SLAY THE DRAGON	Multi-terrain 10k

MARCH

- Sun 3 rd March	COMBE ST NICHOLAS	Road 10k
- Sun 24 th March	YEOVIL HALF MARATHON	Road Half Marathon

APRIL

- Wed 10 th April	YEOVILTON 5K	Road 5k
- Mon 1 st April	EASTER BUNNY	Road 10k

MAY

- Sun 5 th May	GLASTONBURY ROAD RUN	Road 10k
- Sun 12 th May	BLACK DEATH RUN	Off-road 10.5m
- TBC	RUN IN THE WILD	Off-road 10k

JUNE

- Sun 16 th June	MARTOCK 10K	Road 10k
- Wed 19 th June	TIN TIN TEN	Multi-terrain 10k

JULY

- Sat 6 th July	CHARMOUTH CHALLENGE	Multi-terrain 8m
- Wed 10 th July	YEOVILTON 5K	Road 5k

AUGUST

- Sat 10th Aug
- Sun 27th Aug

MAIDEN NEWTEN MADNESS
LANGPORT 10K

Multi-terrain 10k
Road 10k

SEPTEMBER

- Sun 1st Sept

ASH EXCELLENT 8

Multi-terrain 8m

- TBC

SHEPTON BEAUCHAMP

Multi-terrain 10k

- Sun 22nd Sept

NEW FOREST HALF MAR

Multi-terr Half Marathon

OCTOBER

- TBC

GOLD HILL RUN

10k

- Sun 13th

CASTLE CARY

Multi-terrain 10k

NOVEMBER

- Sun 3th Nov

ILMINSTER

Road 10k

- Wed 13th

STREET 5K

Road 5k



No reported birthdays this week but if it is your birthday and you have escaped our notice Happy Birthday to you!!



This Week's Running

Club Nights are:

Tuesday – Mixed ability but generally faster/longer runs
Wednesday – Speed work organised by Club Captain Ed
Thursday – Beginners/Social Night

All week night runs leave from The George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from The George Reynolds Centre at 9.30am

Dates for the Diary



Events highlighted in **green** are Club Championship races

February				
Date	Event	Location	Race Start Time	Website
13 Feb	Street 5k (Race 5)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Feb	Dalwood 3 Hills Challenge 10 miles	Dalwood	11.00 am	www.axevalleyrunners.org.uk
24 Feb	Slay the Dragon	Hinton St George	10.30am	http://www.slaythedragon.co.uk/
24 Feb	Babcary Road Race (Somerset Series)		11.00 am	www.wellscityharriers.org.uk
24 Feb	Tough Ten Challenge 10 miles	Weston-Super-Mare	11.00 am	www.toughten.co.uk

March				
Date	Event	Location	Race Start Time	Website
3 Mar	CRC West Bay Run	Crewkerne to West Bay	9.00am	See Newsletter
3 Mar	Combe St Nicholas 10k	Combe St Nicholas	10.30am	http://www.runnersworld.co.uk/events/
3 Mar	Bath Half Marathon	Bath	11.00am	http://www.bathhalf.co.uk/
10 Mar	The Grizzly 20 miles Cub 9 miles	Seaton	10.30am	http://www.axevalleyrunners.org.uk/
10 Mar	Great Western 10k	Sherborne	11.00 am	www.yeoviltownrrc.com
11 Mar	CRC AGM	White Hart,	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Mar	Butleigh 7 Mile Multi-terrain (Somerset Series)	Butleigh	11.30am	http://www.wellscityharriers.org.uk
22-24 Mar	Jurassic Coast Challenge 78.6 miles	South Dorset	9.00am	www.votwo.co.uk
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
29 Mar	Kilminster Kanter 7 miles	Kilminster Cricket Field	10.30 am	http://www.axevalleyrunners.org.uk/
30 Mar	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/
31 Mar	CRC South Petherton Long Run	South Petherton	9.00am	See Newsletter

April				
Date	Event	Location	Race Start Time	Website
1 Apr	Easter Bunny 10k (Somerset Series)	RNAS Yeovilton	11.00am	http://www.yeoviltownrrc.com
7 Apr	Taunton Half & Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk/
7 Apr	Paris Marathon	Paris	8.45am	http://www.parismarathon.com/index_us.html

10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	http://www.yeoviltownrrc.com
13 April	Endurance Life Runs 7/13/27 miles	Hunter's Inn, Exmoor		www.endurancelife.com
14 April	Honiton Hippo 7 miles	Honiton	10.30 am	www.honitonrc.com
14 Apr	Brighton Marathon	Brighton	9.00am	http://www.brightonmarathon.co.uk/
14 Apr	Bridgwater 10k	Trinity Sports & Leisure	10.00 am	www.1610.org.uk supported by Total Buzz Events
21 Apr	London Marathon	London	9.30am	http://www.virginlondonmarathon.com/

May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
TBC	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events
23 June TBC	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com

July				
1 July TBC	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
3 July TBC	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.00 pm	www.chardrunningclub.btck.co.uk
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com
14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Minehead	10.30 am	www.mineheadrunningtonclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	www.haselburytrail.btck.co.uk
10 August	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeovilrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

Any events which are not on the diary, but you'd like included then please let us know

crewkernercnews@gmail.com